



JO Gymnastics Level	Beam Time Limit	Floor Exercise Time Limit
Level 1	30 seconds	length of compulsory music
Level 2	35 seconds	length of compulsory music
Level 3	55 seconds	length of compulsory music
Level 4	1 minute 5 sec	length of compulsory music
Level 5	1 minute 10 sec	length of compulsory music
Level 6	1 minute 15 sec	1 minute 15 sec
Level 7	1 minute 20 sec	1 minute 30 sec
Level 8	1 minute 30 sec	1 minute 30 sec
Level 9	1 minute 30 sec	1 minute 30 sec
Level 10	1 minute 30 sec	1 minute 30 sec

Xcel Program Gymnastics Level	Beam Time Limit	Floor Exercise Time Limit
Bronze	45 seconds	45 seconds
Silver	50 seconds	1 minute
Gold	1 minute	1 minute
Platinum	1 minute 15 sec	1 minute 30 seconds
Diamond	1 minute 15 sec	1 minute 30 seconds